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MCPON visits NAF El Centro



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Cooking up fun at the Holtville Rib Cookoff

By JO1 Jeannette Bowles

The morning of January 30 began at 3:30 a.m. for six men from NAF El Centro. But despite the early hour, they were up and ready to go, ready to pit their cooking skills and rib sauce recipe against 29 other teams. By 5:30 a.m. the grills were fired up and the cooking was under way. It was all part of the Rib Cook-off during the 58th Carrot Festival in Holtville.

The six-man team included Lt. Rodney Sanchez, Lt. Ignatius Hickman, Lt. Patrick Jors, Ensign

Jerry Kao, Bob Fischer, and Andre Turner. Helping them mind the storefront were Tayauana Hickman and Diana Dogoy.

"This was the first time any of us had participated in this type of event," said Sanchez. "We planned well and we still had problems initially. Once we worked through them it was smooth sailing."

According to Kao, they originally received five cases of ribs, about 200 pounds, and sold them all in the first hour.

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Rib Cook-off

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"At 11 a.m. we received another two cases, 80 pounds, of ribs," said Kao. "It took a couple of hours to cook the ribs and once the two case were cooked, they were instantly sold off."

For the event, Jors said MWR provided a grill, the shade structure for their booth, tables, the banner, and coolers. The Mirage Club provided utensils, cutting boards, table clothes, and pots.

The Galley provided aprons and gloves and the Officer's Wardroom provided funds for disposable goods.

Hickman said he also provided a grill for the event.

Jors, who was also the Rib Boss, said the rib sauce was made by Hickman and Turner and the rub was made by him.

"The Rib Cook-off was a great event, supporting a wide spread and well recognized charitable organization, the Holtville Athletic Club," said Jors. "The Club supports youth athletics throughout the Valley and has been a good friend to NAF El Centro by assisting



Bob Fischer and Andre Turner prepare the ribs for cooking. The team received and cooked 280 pounds of ribs during the Rib Cook-off held during Holtville's Carrot Festival. (Photo by JO1 Jeannette Bowles)



Lt. Ignatius Hickman cooks ribs during the Cook-off. (Photo by JO1 Jeannette Bowles)

with the annual food festival."

Kao said the team ended up getting over 750 tickets for their ribs. With each ticket being \$1, the team raised over \$750 for the Holtville Athletic League.

"There was definitely a demand for ribs since we were sponsored with four boxes of ribs and ended up cooking seven boxes," said Jors.

Jors said the thirty teams at the Rib Cook-off cooked up 14,000 pounds of ribs that day.

"The other teams were very friendly and it was a good time had by all," said Sanchez.

"Lt. Jors ran point on the event and everyone else was more than willing to help out. The

entire team is looking forward to next year's event. We have a great plan and learned some valuable lessons."

Jors agreed.

"I got involved due to interest in the event and a fondness for ribs," said Jors. "We are already thinking about how to improve our recipe for next year."

Sanchez said the team would like to thank the Officers Wardroom, MWR, the Mirage Club and the Galley for letting them borrow everything they needed for the event.

"We would also like to thank Tayana Hickman and Diana Godoy for helping pass out ribs," said Sanchez.

The Sandpaper is an authorized publication for members of the military services and their families. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense (DoD), or the U.S. Navy and do not imply endorsement thereof.

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Advancement Exam Dates

E-6: March 3, 2005

E-5: March 10, 2005

E-4: March 17, 2005



MCPON Terry Scott visits with NAF Sailors

By JO1 Jeannette Bowles

On January 3, 24 Sailors from NAF El Centro and the Blue Angels had an opportunity to eat breakfast with a very special guest; MCPON(SW/AW) Terry Scott, the Master Chief Petty Officer of the Navy. It was an opportunity to relax and ask Scott questions about the Navy and its future.

As the Sailors ate breakfast, Scott casually talked with them on various topics which included housing and the barracks. Then, it was time to get serious.

"You have to apply your ability," said Scott. "You have to be willing to go where the Navy needs you."

One of the key issues Scott discussed with the Sailors was retention in the Navy.

"Retention is so good that we are having to take steps to make sure it's retention on a good level," said Scott. "We want every sailor that wants to be with us," said Scott.

Scott said every sailor needs leadership opportunities and the Navy is striving to achieve that

goal.

Another topic Scott discussed was what is in the Chief of Naval Operations' (CNO's) Guidance this year.

"One part talks about a healthy and fit force," said Scott. "It's about pride and professionalism. You don't ever leave behind your core values once you leave boot camp."

With regards to physical fitness training, Scott said they have seen a rise in body fat and PRT failures.

"We still need to have a continued focus on a healthy and fit force," said Scott.

Another topic in the CNO's Guidance is the loss of Sailors due to private motor vehicle accidents.

"The majority of our losses are due to unsafe driving, alcohol, and fatigue," said Scott. "Every accident should be prevented."

Scott said one of the objectives is to reduce the number of DUIs throughout the Navy.

"Being a shipmate means being responsible for each other," Scott said.



HN Edwin Crawford from Branch Medical Clinic listens as MCPON Scott talks to the Sailors about various Navy topics. (Photo by JO1 Jeannette Bowles)

Scott also talked about the future of advancement exams with the Sailors.

"There are two areas that we're focusing energy in looking at the advancement exams," said Scott. "First, the Navy operates on a vacancy driven system. Second, the purpose of any advancement system is to select the most qualified to fill the vacancy."

Scott said right now they are looking at several variations to the advancement exam and hope to come up with a more competent system in the future.

"We're probably a couple of years away from any significant changes," said Scott. "We need to challenge people's ability to do whatever we ask them to do. We have to go back to the main goal of finding and identifying those most qualified."

Scott said they are continuing to make small improvements where they need to, which includes a change to Sailors in Iraq who are taking the test.

"We've expanded the flexibility of those taking the exam in a combat zone," said

Scott. This often means Sailors take a substitute exam.

One last topic Scott talked with the Sailors about was the Thrift Savings Plan (TSP).

"If you're not doing it, you should," said Scott. "I've talked to a number of non-profit financial advisors and they tell me the very first place you should look to invest your money is in TSP. It's tax deferred, it accumulates interest, and it's only taxable when you draw it out."

Scott said over 30 percent of Sailors in the Navy are participating in TSP and he hopes that number increases.

At the end of the breakfast, Scott thanked the Sailors for all their hard work.

"Wherever our Sailors are they are contributing to the mission," said Scott. "You don't have to be on the frontline. Those on the frontline wouldn't be there if it weren't for those in operational support roles."

"I am very proud of the Navy's Sailors," he continued. "We all take great comfort in your work and it's greatly appreciated. Thank you."



Sailors pose with MCPON(SW/AW) Terry Scott at a breakfast held during Scott's visit to NAF El Centro. During the breakfast, Sailors were able to talk with Scott and ask him questions about the Navy and its future.



Bringing the Navy Spirit to Holtville's 58th Carrot Festival



The NAF El Centro Color Guard and A-6 Intruder took part in Holtville's 58th Carrot Festival parade held January 29, 2005 in Holtville.

Photos by JO1 Jeannette Bowles

Vincennes University Spring Term Schedule

Vincennes University's Spring Term will run March 14-May 5, 2005. The following classes will be offered:

1. **MGMT 256: Principles of Management.** It will be held Tuesdays and Thursdays, 7:30-10:30 p.m. in Bldg. 221, Rm. 11. The instructor will be Eva Shaw.
2. **Engl 102: English Composition.** It will be held Mondays and Wednesdays, 7:30-10:30 p.m., in Bldg. 221, Rm. 11. The instructor will be Dr. Joe Dickerson.
3. **Math 012: Beginning Algebra.** It will be held Tuesdays and Thursdays, 4:30-7:30 p.m., in

Bldg. 221, Rm. 03. The instructor will be Blake Miles.

4. **LFSC 101: Plant and Animal Biology.** It will be held Mondays and Wednesdays, 4:30-8:30 p.m., in Bldg. 221, Rm. 03. The instructor will be Dr. Richard Meston.

To register stop by the Vincennes University office located in Bldg. 221, Rm. 7.

Their office hours are Monday-Friday, 9 a.m.-12 p.m. and 1-3 p.m.

You can also reach them at 339-2986 or by email at vuelcentro@earthlink.net.



NAF EL Centro's First Class Petty Officers prepare to take the Chief's exam. The exam was held January 20 in the Galley. (Photo by JO1 Jeannette Bowles)



Self-help project brings new cover to RV Park

By JO1 Jeannette Bowles

On December 13, 2004 residents of the RV Park, MWR, and NAF El Centro's Commanding Officer, Capt. Paul Ziegler, gathered together to officially dedicate the new RV Park Lounge. It was the milestone in a self-help project that began the month before.

"The project was for the enhancement of the RV Lounge," said Fred Gleason, the construction superintendent on the project. "It was a culmination of Public Works, the Seabees, the Snowbirds, and MWR. The Snow Birds were the designers and construction element along with the Seabees."

Gleason said the project came about because they wanted to expand the facilities to accommodate more people.

"We call it the RV Patio Garden," said Gleason.

Gleason said the project took two weeks to complete. MWR provided all the materials and the Seabees provided the concrete and the labor for it.

"Joe Conner from MWR also helped with the construction," said Gleason. "He was the tile man."

The Snow Birds who worked on the project included Gleason, Ken Worthens, Bill Ables, Jon Russell, Larry Turnbaugh, Mike Chicky,



Capt. Paul Ziegler, NAF El Centro's Commanding Officer poses with the men who worked on the project during the dedication ceremony held December 13, 2004. The project combined the efforts of the Snow Birds, MWR, and Public Works. (Photo by JO1 Jeannette Bowles)

Hank Kugel, and Richard Brown who was the project manager.

"It was basically a self-help project," Gleason said. "But MWR brought the big pocket book."

In addition to it being a self-help project, Gleason also said it was an RV enhancement project.

"We hope that based on this experience we can improve the RV facilities and make them more compatible and more like an outside resort atmosphere," said Gleason.

Gleason said that prior to the dedication they had a potluck Christmas program and had 65 people show up.

"It was then that we really understood the addition of the facility," said Gleason. "It worked out beautifully. Everyone had a place to sit and the camaraderie was fantastic."

Brown said he was happy about the way the project came out.

"Everybody helped," said Brown. "We



Capt. Paul Ziegler cuts the cake at the dedication for the new lounge as Richard Brown looks on. (Photo by JO1 Jeannette Bowles)



The addition to the lounge was a self-help project that took two weeks to complete. (Photo by JO1 Jeannette Bowles)

couldn't have done it without MWR."

"Joe and Jack (Lewis) were instrumental in making it happen," added Gleason.

Tax Center Information

The NAF El Centro VITA Tax Center is offering free federal and state electronic income tax filing from now until April 15, 2005.

The center is located in Bldg. 401, Rm.

102. Filing is available Monday-Thursday from 4-7 p.m. for walk-ins. Daytime appointments are available by calling ACC Ruiz at 339-2603 or AO3 Fox at 339-2606.

All active duty military, retired and reserve personnel and their dependents are eligible

for this free service.

Please bring your W-2, social security card, copy of last year's return, and your bank account and routing number.

For more information call ACC Ruiz at 339-2603.



On target; Sea Cadets earn rifle qualifications

By ABF2(AW) Robert Chiaravallotti
Sea Cadet Executive Officer

On December 11 and 12, the United States Naval Sea Cadets of NAF's Desert Eagle Squadron traveled to Marine Corps Air Station Yuma, AZ to learn what it takes to be a Marine Corps marksman and qualify on the M-16 A2 Service Rifle.

Range simulator instructor Staff Sgt. Derrick Billiard gave a class on safety, rifle components and marksmanship so that the Cadets could qualify for their rifle ribbons on the Marine Corps simulator course of fire.

Cadets Pamela Borjon and Ben Brown both qualified as marksmen, Cadet Robert Castellanos qualified as sharpshooter while Cadets Pete Alaniz, Jennifer Mejia and Orlando Ortiz qualified as experts.

When the Cadets completed the course of fire they were given the opportunity to train on a simulated urban combat scenario using the M-240G Machine Gun, 50-Caliber Machine Gun, Squad Automatic Weapon (SAW) and AT-4 Rocket Launcher.

After qualification on the M-

16 the Cadets were able to participate in the Marine Corps motivational PT. The Desert Eagles came face to face with the infamous Marine Corps O Course, which is comprised of several challenges such as hurdles, walls, a rope climb and other obstacles. The Cadets helped and motivated each other to overcome some tough obstacles with great displays of teamwork.

"Don't quit, you can do it," shouted the instructors and Cadets alike.

At the end, everyone made it over every obstacle together as a team. As the sweat dripped down their beet-red faces there was no hiding the pride in their eyes as they looked back at the course they had just conquered and realized what they had accomplished. As the sun disappeared over the mountains the Desert Eagles departed for their home base of NAF El Centro.

Once they arrived at El Centro it wasn't time to hit the showers and take a nap. The Cadets still had work to do. The Cadets boxed



The Sea Cadets of NAF's Desert Eagle Squadron learn how to fire a rifle at a range simulator during a weekend training session held in Yuma. (Photo by Pedro Alaniz, Sea Cadets Commanding Officer)

up supplies that had been graciously donated by personnel assigned to NAF, Strike Fighter and the United States Naval Sea Cadets Corps for shipment to troops stationed in Iraq and Afghanistan during the holidays.

"The care packages are a good way of showing our support for the troops who are fighting in the war," said Cadet and LPO Pete Alaniz.

The last task of the weekend drill was accomplished as the newest Cadets completed their Basic Military Requirements. Completion of the course was mandatory before they attended an eight-day boot camp starting December 26, 2004 at Naval Base Port Hueneme, CA

On December 15 the Desert Eagles also participated in the NAF El Centro Christmas Parade. The Cadets, looking very sharp in their Dress Blue Uniform, strutted their stuff down B Street. After the parade was completed, members of the Sea Cadets aided duty section personnel in cleaning up the parade route.

The Cadets were also invited to attend the Annual Explorer

Christmas Dance in December. In attendance were various law enforcement and fire explorer post of the Imperial County and Border Patrol. It was a gathering of motivated young adults with a drive and desires to pursue careers in law enforcement, fire fighting and military service.

For more information regarding the United States Naval Sea Cadet Corps Program contact ABF2 (AW) Robert Chiaravallotti at 339-2933.



The Sea Cadets listen to instruction as they prepare to qualify for their rifle ribbons at the range simulator at the Marine Corps Air Station in Yuma, Ariz. Three cadets qualified as experts, one qualified as sharp shooter, and two cadets qualified as marksmen. (Photo by Pedro Alaniz, Sea Cadets Commanding Officer)



The Sea Cadets tackle the Marine Corps O Course after earning their rifle qualifications. The cadets worked together to complete the course. (Photo by Pedro Alaniz, Sea Cadets Commanding Officer)



'The Security Zone'

Security Department establishes own section in the 'Sandpaper'

By MA1 Jeffrey Stephens
NAF Security

The NAF El Centro Security Department now has it's own page in the 'Sandpaper'.

This section of the 'Sandpaper' will be dedicated to security and law enforcement related topics and issues! The new section will be called 'The Security Zone'!

Security held a contest for department

personnel challenging them to come up with a catchy title. Over 30 entries were submitted for consideration!

The winning entry (The Security Zone) was submitted by Security Department dispatcher Chris Mendiola.

'The Security Zone' will carry a wide variety of stories and articles covering numerous topics of general interest and timely

pieces related command events and functions.

All are welcome and encouraged to come forward to submit ideas for articles and general interest pieces. If you want to write a story for the 'Sandpaper' and it involves a security related issue, please contact JO1 Jeanette Bowles at x2519 with your story idea and we'll take it from there!

Security gets new addition to the family



MASN Todd Galarza with his wife, Rachael Galarza became first-time proud parents of their newborn daughter- Isabella Rose Galarza. Isabella was born December 30, 2004, at 4 p.m. She was born at El Centro Regional Medical Center.

Isabella came in at nine pounds and was 22 inches long.

Sailor finds snake skin

By MA2 Marco Vacca
NAF Security

Smoking at the North 40 can be hazardous to your health in more ways than one.

FC2 Len Malmquist recently discovered the skin of a seven-

foot snake that had shed its skin over by the North 40 smoking pit as he was taking a smoke break.

He said that when he started to light up his cigarette, he turned his head to the right and saw what looked like a fat piece of a

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NAF Security brings Christmas smiles to local children

By MA2 Marco Vacca
NAF Security

On Saturday, December 4, 2004, the Security Department took part in the third annual "Shop with a Cop" program.

Law enforcement agencies such as Drug Enforcement Agency, Brawley, El Centro, Calexico Police Department, the Border Patrol and Imperial

County Sheriff's Office were among those from all around the Imperial Valley involved in making an underprivileged child's wish come true.

There were 90 children who benefited from the police officers' generosity.

Funds were raised through golf tournaments, raffles, bake

sales and other events throughout the year.

These children came from either poor or broken families.

NAF El Centro Security sponsored seven children. MA2(AW) Dominic Flores, MA2 Tina Jemison, MA2 Jose Elias, MASN Matthew Rinker and MASN Elizabeth Hoppmann and

each of their kids had a \$100 shopping spree to buy Christmas gifts for that child at the local Target store on Imperial Avenue in El Centro.

"It's one of the greatest projects law enforcement puts together," said Flores. "It helps

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Scavenger

The Teams:

On January 27, MWR and the Cyber Cafe challenged six teams to test their skills and knowledge in a Scavenger Hunt.

Players from PSD were: PN1(SW) John Smith, DK1(SW/AW) Clarence Smith Jr., DK2(SW) Kingsley Abakpa, DKSJN Carlos Castillo, and PN2(SW) Dustin Huber. Players from Medical were HM1(FMF) Alvin Chester, HMC(FMF) Salvador Rodriguez, HM1(FMF) Michael Murray, HM1 Damiana Ligeralde and HN Edwin Crawford. Players from Ops were AC2 Lorenzo Lopez, AC2 James Bonine, AC2 Brady Canada, ACAN Myles Muir and AC3 Jacob Ruiz.



BLUE TEAM: PSD



GREEN TEAM: MEDICAL



WHITE TEAM: OPS



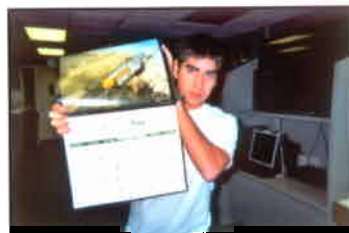
KHAKI TEAM: STRIKE



The Challenge:

With only 19 hours to complete the hunt, each team had a series of tasks to perform, items to find, questions to answer, and pictures to take.

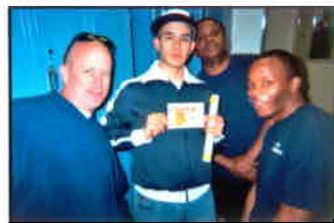
Each part of the hunt was worth a certain amount of points. The challenge was on.





Hunt

The Challenge Continued..



The Winners: Medical

When all was said and done, Medical emerged as the winners! They received a certificate and a pizza party from MWR and the Cyber Cafe.



Congratulations to

HM1(FMF) Alvin Chester
HMC(FMF) Salvador Rodriguez
HM1(FMF) Michael Murray
HM1 Damiana Ligeralde
HN Edwin Crawford.



Federal Fire Department helps spread Christmas cheer

By Dane Knight,
Federal Fire Department

December 2004 marked the ninth year that Federal Fire El Centro participated in hospital visits to El Centro Regional Medical Center (ECRMC) and Pioneers Memorial. However, we only decorated the pediatric ward at ECRMC.

In the past, our department went to local stores that sold Christmas trees and asked them to donate one for the pediatric ward. Then we got to thinking about the dangers involved with a live tree. So for 2003, Home Depot donated an artificial tree.

In addition, due to many retirements and hardships for our brother firefighters, monies normally used for this function were scant. So, we asked for help from Wal-Mart in donating candy and stuffed animals.

On November 21, 2004 we presented Home Depot and Wal-Mart with appreciation plaques for their help in 2003.

On December 5, 2004 four firefighters took the tree and lights to ECRMC pediatric ward and began decorating.

This was the first year that I can recall where the children came out and watched us at work. The parents and staff were great in handing us things as we needed them. It was a lot of fun, as always.

This year, the Union for the fire department, Local F-156, was able to donate \$500 towards the department's Christmas function.

In addition to the candy and gifts for the hospitals, our department thought it would be great to offer a starter gift pack in the to



Rowdy Nixon, Gerard Esquer and Jack McConnell from the Federal Fire Department pose in front of a Christmas tree they helped decorate for Christmas at El Centro Regional Medical Center. (Photo submitted by the Federal Fire Department)

the first mother of Christmas day at each hospital. The gift pack included some diapers, baby wipes, powder; essentials needed for a newborn. We still had enough left over to allow us to donate \$100 towards NAF's Angel Tree for the less fortunate children at NAF and in Seeley.

On Christmas Eve morning, a group of us got Santa and Sparky together and headed out to the hospitals.

Our first stop was ECRMC. The staff in the pediatric ward was excited to see us. The children didn't seem to know what to expect at first. They quickly figured things out when Santa came in the rooms bearing gifts and Sparky handing candy as if there were no end to it.

Once we got to every child there, we made our way to the OB ward to drop off the present to the first mother of Christmas day.

The nurses were pleasantly surprised and said they would be more than happy to present the gift on our behalf Christmas day.

Next was the emergency room to see if any children were unfortunate to be there instead of at home. As to be expected, the

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Santa Claus and Sparky help make Christmas special for a child at Pioneer's Memorial Hospital. They visited the hospital on Christmas Eve. (Photo submitted by the Federal Fire Department)



Above: Firefighter Robert Heine, Engineer Randy Caldwell, Ashely Caldwell, and Captain Dane Knight pose with Wal-mart employees.

Below: Robert Heine poses with Scott, a Home Depot Assistant Manager.





Santa Claus visits with a patient in the Pediatric Ward of El Centro's Regional Medical Center. Santa stopped by Christmas Eve to bring gifts and good wishes to those who would remain in the hospital over the holiday season. (Photo submitted by the Federal Fire Department)

Fire Department

Continued from pg. 10

nurses in the ER are so happy to see Santa and Sparky that cameras come from out of nowhere. Gifts and candy were handed out to all, flash bulbs were abundant and a great time was had. The staff thanked us for the visit and said they couldn't wait for next year to come around.

With plenty of gifts and loads of candy, we made our way up to Brawley.

Now, when we went to Pioneer's, we had to plan a strategic route. All the nurses and staff eagerly waited for us to take pictures and get hugs from Sparky. We wanted to make sure the kids got to see us before it got too late.

The rounds were made with pretty much the same results as ECRMC. Ear-to-ear smiles, lots of hugs for Santa and Sparky, surprised faces and pictures galore. Unfortunately, all good things come to an end. Once again, we had a great turnout. Plans are already in progress to make Christmas 2005 even more enjoyable and memorable.

NAF raises nearly \$10,000 for Combined Federal Campaign

*By NC1 Pamela Jensen
Command Career Counselor*

Thank you to all the military and civilian employees of NAF El Centro who donated nearly \$10,000 to this year's Combined Federal Campaign (CFC). I'd also like to acknowledge the CFC team this year. They were:

YN2(AW) Jeffery Holmes from Admin/Supply, AO2 Matthew Muravez from Weapons, OS2 Charleston Cobbin from Security, CM2 Philip Benedicto from Public Works, AO1 Christopher Morris from Strike, AC2 John Pettigrove from Operations, and AG3 Quintonia Franklin from Weather.



Top: NC1(AW) Pamela Jensen helps fill orders at a Carne Asada fundraiser held December 10, 2004. The sale was held to help raise money for the Combined Federal Campaign. Each customer received carne asada, two tortillas, rice, and beans. (Photo by JO1 Jeannette Bowles)

Right: YN2(AW) Jeffery Holmes helps cook the carne asada at the sale. Holmes was part of the Combined Federal Campaign team and was the point of contact for Admin/Supply. (Photo by JO1 Jeannette Bowles)





Angel Tree Program gives the gift of caring to local children

By NC1 Pamela Jensen
and JO1 Jeannette Bowles

The NAFEC community donated over 250 toys this year for the children of New Creations and the Center for Family Solutions. Trees decorated with Angel tags were set up in the Chapel Fellowship Hall, the Commissary, Branch Medical Clinic and Strike Fighter's "Snakepit".

The Center for Family Solutions received 167 of the gifts, according to RP2 Leslie Williams, coordinator of NAF El Centro's Angel Tree Program. The rest of the gifts went to the children from New Creations Women's Shelter with Children.

Twenty-five children from New Creations received their gifts from Santa at a Christmas party held December 22 in the Community Center.

"Each child received two gifts apiece, some even three," said Williams. "I know the children had a good time just looking at their faces confirmed it. The best part was when Santa Clause arrived and he called out each child's name and their faces lit up when their name was called out, as if to say, 'Santa knew where I lived too.'"

Williams said she took on the task of organizing the program because she enjoys giving, no matter what the other person's situation is.

"I believe the program will always be a success when you are doing it from the heart and no other reason," said Williams.

NC1 Pamela Jensen also gives credit for the success of the program to Williams.

"The Community Center was the main drop off point and she



Santa Claus brings a smile to the face of a child from the New Creations Shelter during a party held December 22. The gifts were part of the Angel Tree program. (Photo by JO1 Jeannette Bowles)

ensured that all the packages got wrapped," said Jensen. "She also was the main cook for the Christmas party."

"Ruben Rodriguez from Safety was our Santa," added Jensen. "Lots of people helped out in large and small ways."

Santa Claus pays early visit to Child Development Center

By JO1 Jeannette Bowles

On December 16, 2004 the children of the Child Development Center received a special treat when they were paid a visit by Santa Claus.

The man in the jolly, red suit, walked into the center and greeted the children who gathered around him and shouted out what they wanted for Christmas.

After, each child went up one by one to tell Santa Claus what they wanted for Christmas.

When they were finished, Santa presented each child with a wrapped gift and a candy neatly packaged in a Christmas ornament.

Some of the kids were excited to see Santa Claus, others were scared by the man in the suit. For the most part, the kids seemed to enjoy their special visitor.

As Santa prepared to go back to the North Pole the kids waved good-bye at him and said they would see him on Christmas Eve.



Mia Spalding checks out Santa Claus during Santa's visit to the Child Development Center on December 16, 2004. Santa came to see the children and ask them what they wanted for Christmas. (Photo by JO1 Jeannette Bowles)



KBR's Safety Department improves record; receives award

By JOI Jeannette Bowles

Ask Oscar Perez what his job at work is and he'll tell you that it's to improve safety. Perez is part of the Health, Safety and Environmental Department (HSE) of KBR at NAF El Centro and in October 2004, he and those who work for him were rewarded for that goal as they received an award for the Most Improved in Safety.

"We received the award at the Project General Managers conference in Baltimore, Md.," said Perez who is the Health, Safety and Environmental Manager for KBR.

Perez said in 2004 the group made significant improvements in safety, which is why they received the award.

"In 2003 we had a pretty pathetic safety record," said Perez. "We had 13 recordable accidents. We really did not have a good safety program. In 2004 we went down to three recordables and we went from 24 first-aid incidents to nine. So we're doing pretty good. That's quite an improvement right there."

Perez said they also went from 10.81 recordable injury rates to under two.

Perez said he moved to QHSE in January 2004. "We also deal with quality issues and we want to provide the best service that we possibly can," said Perez. "So these guys have a lot on their shoulders. Each one is a representative from their shop. We have 12 different shops."

Perez said their overall goal is to be incident free.

"The day or the year that we get to that goal, we would have achieved it and then it would be a matter of maintaining it," said Perez. "That's what we're going to shoot for this year."

Perez said that without a doubt the main reason for the improvements in safety has been because of the team.



Members from KBR's Health, Safety and Environmental Department pose with an award they received for Most Improved in Safety. They were given the award in October 2004. Their goal this year is to keep improving on their record. (Photo by JOI Jeannette Bowles)

"They've been promoting safety within their work areas," said Perez. "They've really been pushing the procedures that we've set forth and they've been really influential with their coworkers when it comes to improving safety."

Perez said in order to improve safety they improved their processes, rewrote procedures, and revamped several of their safety programs.

One of the things they started off with was their Risk Identification Program, which they call Total Safety Task Instruction (TSTI).

"One of the first things I did was to redo our badges," said Perez. "When I redid them, I put the TSTI card in with the badge. It's a

list of things you can look for to be safer." Perez said they also rearranged the TSTI procedures to be tailored fit to their projects here.

"That's what we stressed from the beginning, the importance of TSTI and how it was going to help individuals be safer," said Perez.

Perez said they also have a new safety training program in place and he credits the team for their success in safety.

"These guys have been really instrumental in safety and we're just going forward," said Perez. "There's still room for improvement and that's what we're shooting for in 2005."

Shop with a Cop

Continued from pg. 7

out the community by providing the underprivileged and deserving children a much needed Christmas."

As each child was registered at the Southwest High School cafeteria, each was given a T-shirt, a bag of "goodies", a police

badge and a lunch meal.

Afterwards, they went outside and climbed into one of the many patrol cars parked in the parking lot.

From there, all the vehicles with their awe-struck little passengers drove down the road in a long convoy toward their destination; the Target store.

For the grand finale, a helicopter de-

scended from the sky and landed in a nearby field in which jolly ole Santa appeared from inside the aircraft. The children were delighted to see him as they all cheered with joy.



Safety Department says thank you to safety brief participants

By JO1 Jeannette Bowles

In December 2004, Marco Cobarruvia, NAF El Centro's Site Safety Manager awarded Letters of Appreciation to the participants of Safety's pre-holiday Safety Stand Down.

In the letters, Cobarruvia thanked them for their participation and for a job well done.

During the stand down, which took place November 23, 2004, Chaplain Church talked about suicide prevention, Kimberly Lineses presented first responder training, Erlend Fredrickson spoke on holiday fire safety, and Doctor Lynn Flow-



Chaplain Robert Church



Kimberly Lineses



Erlend Fredrickson



Alex Estampador



Doctor Lynn Flowers

ers talked about holiday stress awareness.

In addition, Alex Estampador was recognized for his video and audio technical expertise as he ensured each participant had everything they needed to present their topics.



Snake

Continued from pg. 7

branch. As he approached the object to get a better view, he noticed it was the shed skin of a snake.

He was amazed at the length and width of the skin and decided to bring it back to the station to show it off to everyone else.

It now sits off in a corner at the Security building, waiting for any curious onlookers.

January Indoctrination



(Photo by NC1(AW) Pamela Jensen)

Welcome to our new Sailors and their families.

Front Row (L to R): JO1 Jeannette Bowles, AEAN Kenneth Morrow, ACAN Michael Carter, BUI Nicholas Christilaw, and AO2 Jose Falcon.

Back Row (L to R): AO2 Jeremiah Curtis, AT2 Adam Turley, AO3 Andrew Pleetzke, and ETC Timothy Perkins.



December Quarters:



Photos by JO1 Jeannette Bowles

Quarters was held Thursday, December 16 at the base gym where Commanding Officer Capt. Paul Ziegler presented the following awards.

First Row (L to R): CMDCM Brian Bowman received a Good Conduct Medal, FC1 Robert Greenwood received a Navy/Marine Corps Achievement Medal, and AO2 James Orton received a Navy/Marine Corps Achievement Medal.

Second Row (L to R): MA2 Corey Bankston received a Navy/Marine Corps Achievement Medal, MA3 Michael Jensen received a Navy/Marine Corps Achievement Medal, AC3 Jacob Ruiz received a Letter of Commendation, and MA2 Willie Edwards received a Good Conduct Medal.

January Quarters:

Quarters was held Thursday, January 27 at the base gym where Commanding Officer Capt. Paul Ziegler presented the following awards.

First Row (L to R): MM1 Darlene Degonzague received a Good Conduct Medal, MA2 Gloria Jemison received a Good Conduct Medal, and AZ2 Maricela Martinez received a Good Conduct Medal.

Second Row (L to R): AO3 Carlos Alvarado received a Good Conduct Medal, AO2 Jeremiah Curtis received a Good Conduct Medal, and MA3 Roy Patterson received a Letter of Commendation.

Third Row (L to R): Carl David received a Length of Service Award, Antonio Tumbaga received a Length of Service Award, and Randy Caldwell received a Length of Service Award.

Fourth Row (L to R): Jose Oropeza received a Length of Service Award and Davis Holbert received a Length of Service Award.



Photos by JO1 Jeannette Bowles





Gas safety tips

By Clara Parrish
Family Housing Director

During the holidays, one family experienced a gas leak. The actions of one very smart spouse probably saved her family from a potential disaster. Here's what to do if you suspect a gas leak:

1. Leave the vicinity/house immediately.
2. Do not light a match, start or stop an engine, use the phone, switch on or off lights, or do anything that might create a spark.
3. From a safe place, call 911 and report the leak.

A leak may be present if you:

1. Smell an unusual odor, like that of rotten eggs.
2. Hear an unusual noise coming from the your gas stove, furnace, ground or on aboveground pipeline.
3. See discolored vegetation surrounding a pipeline, or water or dirt blowing into the air.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Valentine's Day!		1	2 Ladies Night at the Mirage Club 8 p.m. Ext. 2330	3	4 Family bowling every Friday night 6-10 p.m.	5 Cosmic bowling every Saturday night 6-10 p.m.
6	7	8 Karaoke Night @ the Mirage Club 8 p.m. Snow Bird evening buffet 5-8 p.m.	9 Ladies Night at the Mirage Club 8 p.m. Ext. 2330	10	11 Family bowling every Friday night 6-10 p.m.	12 Cosmic bowling every Saturday night 6-10 p.m.
13	14 Mirage Club Sweet Heart Candlelight Dinner for 2 5-8 p.m.	15 Karaoke Night at the Mirage Club 8 p.m. Snow Bird evening buffet 5-8 p.m.	16 Ladies Night at the Mirage Club Ext. 2330	17	18 Family bowling every Friday night 6-10 p.m.	19 Cosmic bowling every Saturday night 6-10 p.m.
20	21	22 Karaoke Night at the Mirage Club 8 p.m. Snow Bird evening buffet 5-8 p.m.	23 Ladies Night at the Mirage Club Ext. 2330 Mardi Gras BBQ at the Mirage Club 6-8 p.m.	24	25 Family bowling every Friday night 6-10 p.m.	26 Cosmic bowling every Saturday night 6-10 p.m.
27	28	The NAF El Centro Food Festival 2005 will be held March 11 in Hangar 6.				
		The Blue Angels Air Show will be held March 12 starting at 10 a.m.				

Practicing energy and water conservation at NAF El Centro

By Clara Parrish
Housing Office Director

Periodically, we place energy and water conservation reminders in the Family Flyer. Thanks to the residents who have been following our suggestions. However, we must cut our energy and water cost by 10 percent.

If the housing energy and water bills continue to climb, the next step to curb the cost will be to install electrical, water and gas meters at all family houses. If this happens, sponsors will be responsible to pay cost above an established threshold.

We don't want to do this, so

we are again asking that all sponsors and their family members make an effort to conserve energy, water and gas.

Here are some tips to help you conserve energy and water:

1. Turn your heat thermostat to 68 degrees and leave it alone.
2. Change your HVAC (heating, ventilation, air conditioning) filter at least once per month, twice per month if your house gets dusty easily. A clean filter helps remove dust, airborne bacteria and viruses, smoke, and microscopic pests from your home. Call KBR at x2204 for HVAC filters.
3. Clean your return air vents at least once per month. These vents are the ones that the furnace pulls the air from inside your house to re-circulate.
4. Replace incandescent bulbs with compact fluorescent bulbs.
5. Turn off lights, computer monitors, stereo or television when you leave the room.
6. Run the dishwasher only when you have a full load.
7. Make sure you adjust the water level when washing small loads of clothes.
8. Line or hang dry clothes when possible.
9. Take a shower instead of a bath.
10. Do not run the water when brushing your teeth. Turn the water on only when needed to clean the basin or your toothbrush.
11. Turn off your water sprinkler. During the winter, the grass is dormant and will not grow.
12. "Winter grass" requires very little water. Water for no more than five minutes once per day during early morning hours or late evenings. Do not let water overflow and run down sidewalks or into the street. Adjust sprinklers to prevent overspray.

For more information call the Housing Office at x2921